

village bulletin

September 2006

Issue 107

Parish Plan – Your Views Sought, Win a Prize!

Preparations for the drafting of a Parish Plan are set to take a major step forward with the distribution of a special questionnaire contained within these pages of the Village Bulletin. So if you are wondering what a Parish Plan is and why it needs a questionnaire, read on! The questionnaire is an important first step as it will help by gathering some basic information about households, together with the views and issues held on a variety of topics from the environment to transport. This information in turn will help steer the plan towards the matters most important to people in the village.

Parish Plans are relatively new and sit alongside other plans such as those produced for Colchester Borough. But a Parish Plan is different, it's voluntary to begin with and isn't all about new housing! Instead a Parish Plan covers people's aspirations for the village covering everything from planning matters to new facilities that could be introduced in the village. It's not produced by the Parish Council either, but by a group of volunteers who have close links with the Parish Council. Parish Plans have been introduced by Government as a means of encouraging villages/parishes to participate more in the overall planning of community life as part of a general move towards "localism".

In Essex Parish Plans are administered by the Rural Community Council for Essex who have already offered a grant towards the production of a plan for our village. More information is available at <http://www.essexrcc.org.uk/>. Click successively on areas of work, community

participation, parish plans for further details. Many villages have successfully created plans and many more are in the process of doing so, in order to help establish a village voice in a co-ordinated and coherent manner. Improvements and initiatives can then be introduced either through the work of people in the village or through statutory bodies influenced by the plan.

We have already held initial village meetings and drop in sessions where people have expressed their views. These have covered topics ranging from the environment to transport. It is now time for everyone to have their say!

So turn now to the questionnaire and start to fill it out! There's even a prize draw, but the real prize is to help shape the plan itself. To qualify for the prize draw we need your replies by the end of September. We will publish the results and a draft of the plan will be produced for consultation in 2007.

You can also follow progress and ask any questions about the Parish Plan online via the West Bergholt blog at:

<http://westbergholtparishplan.blogspot.com>

If you would like to help with the process of producing the plan, then contact our Secretary by emailing catherine@bailey72.co.uk or ringing the Chairman, Chris Stevenson on 07867 558330.

Jo Gouldthorpe
Publicity and Information

the village bulletin *information*

PROVIDED BY THE PARISH COUNCIL OF WEST BERGHOLT

Chairman

Mr J Gili-Ross
67 Mumford Road,
West Bergholt
☎ 242 236



Vice-Chairman

Mr R W Tyrell
Gray Gables,
8a Colchester Road
West Bergholt
☎ 240 016

PARISH COUNCILLORS

Mr B M Colbron	82 Mumford Road	☎	240 297
Mrs L De'ath	Manor House, Manor Road	☎	241 567
Mr P S Johnson	135 Chapel Road	☎	241 114
Mr A P Savage	6 Garling Walk	☎	242 015
Mr P Sleigh		☎	07973 841104
Vacancy			
Vacancy			
Vacancy			

PARISH WORKING COMMITTEES

Environment	Mr Johnson, Mr Colbron, Mr Sleigh
Finance & General Purposes	Mr Savage, Mr Gili-Ross, Mr Johnson, Mr Tyrell
Hall	Mr Colbron, Mrs L De'ath, Mr Sleigh
Planning	Mr Tyrell, Mr Savage

BOROUGH COUNCILLORS

Cllr. Jill Tod	Seven Arches Farm, Colchester	☎	574 896
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CLERK TO THE PARISH COUNCIL

Mrs Val Walsom	17 Armoury Road, CO6 3JN	☎	240 149
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The Parish Clerk is available for Parish business at any reasonable time, but in particular on Tuesday evenings.

ORPEN HALL ADMINISTRATOR

Mrs J Mayhew		☎	240 694
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The Administrator is available to deal with enquiries at any reasonable time. Bookings should be made at the Hall on Thursdays between 7pm and 8pm. Please use the old side entrance.

SOME USEFUL NUMBERS

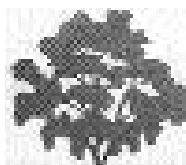
Police	210 441 or 211 680 or 762 212	In an emergency dial 999	
Doctor	Surgery - 2 Erle Havard Road	☎	241 137
Pharmacy	Chapel Road	☎	240 352
Post Office	Chapel Road (Half day Saturday)	☎	240 355
St Mary's Church	Rev. C Horseman, The Rectory, Ivy Lodge Road, Gt. Horkesley	☎	271 242
Methodist Church	Mrs. Ros Hollingsworth, The Manse, Chapel Lane	☎	240 098
News Correspondent	Mrs J Hunns, The Laurels, Firmins Court	☎	240 712

(for Essex County Standard & The East Anglian Daily Times) - submissions for news items to be in 2 weeks prior to publication.
Email address for News Correspondent allanhunns@aol.com



The village bulletin is funded by the Parish Council as part of a community service. It is issued quarterly and distributed to every household in the Parish. The views expressed do not necessarily reflect those of the Parish Council.

Friends of Hillhouse Wood



Bluebells were a little late this year

The acclaimed display of bluebells was late this year because of the late and often cold spring weather. In fact, when the Friends of Hillhouse Wood held their Bluebell Open Afternoon on April 22, there were hardly any blooms out. Compensation, however, was a marvellous show of wood anemones and some other spring flowers, including primroses, moschatel and lady's smock. Two nightingales were singing, as well as several chiffchaffs, blackcaps and a whitethroat. Butterflies noted were four peacocks, three commas and two green-veined whites

The moth lamp session held by Ian Rose and myself on April 22 attracted twelve, including four children. But the temperature dropped to near freezing that night. Those hardy enough to stay until after 9.45pm were rewarded with view of three brindled beauties five clouded drabs, three hebrew characters, an early thorn, a nut-tree tussock and two twin-spot quakers.

Warmer days in May brought out a really outstanding show of bluebell blooms, but then luck ran out for the Dawn Chorus birdsong walk scheduled for May 7. Almost 24 hours of rain washed out the event for the first time.

July brought some really high temperatures and the butterfly and dragonfly walk led by Philip Smith and myself was, as usual, well attended. Lots of meadow browns, gatekeepers, Essex skippers and small skippers were flying with some commas and red admirals. There was a very worn painted lady feeding on a thistle bloom near the entrance to the wood. Several white-letter hairstreaks had been seen round the tops of the tall wych elms close to the entrance a few days earlier but were not showing that day. However, one white-letter hairstreak was seen on an elm near the top pond and others were noted at the top of the elms near the old church. Purple hairstreak butterflies were in the oaks along the wood's fringes and a female was caught and shown to the party before release back on to an oak.

Dragonflies and damselflies seen in the wood were brown hawker. Southern hawker, common darter and common blue damselfly. Two six-spot burnet moths (day fliers) were nectaring on ragwort flowers and larvae of the cinnabar moth were feeding on ragwort leaves.

Darren Tansley, mammals recorder for Colchester Natural History Society will be holding a mammals recording day in the wood in the autumn. Work party activity resumes in September.

Joe Firmin



Advert seen in shop selling grass seed "Produces a lawn for all-purpose use. Dies well in full sun or partial shade".

West Bergholt Concert Band



£7500 Raised for Charities

Summer 2006 proved to be the band's busiest ever, with three concerts in three months raising money for 6 different charities. This brings the total raised for charities to over £7500 since the start of 2004, so no wonder bookings are already coming in for 2008! As well as raising money, our concerts continue to delight our audiences, with the high level of musicianship and the band's enjoyment of playing visible for all to see.

The summer break was a welcome chance to catch our breath and to look forward to our Autumn 2006 concerts. These will feature another batch of brand new music, including pieces by Mancini, Grieg, Joplin, Tchaikovsky, John Williams and Louis Armstrong, whilst Training Band will be playing music by Marvin Gaye, Peggy Lee and Deep Purple. You can hear all of this fabulous music at our next concert on Saturday 18th November in Ipswich, which will again be raising funds for East Suffolk Mind. After that, we're back in the village on Saturday 16th December for our traditional Christmas Concert...yes, it's a little early to think about Christmas, but spare a thought for our conductor...listening to new Christmas music in July so that the music order arrived in time!

The band continues to be in excellent health, with a great bunch of players in both Training Band and Concert Band and a total membership of around 70, which is almost as many as when Sid Cooper ran the band! However, during the next year many of our Training Band players will be moving up to Concert Band, so we're very much on the lookout for new Training Band players. September is a great time to join the band, so if you are interested in playing, either come along to Heathlands on any term-time Friday evening, have a look at our website, or phone Graham on 824157. We also have an "Open Rehearsal" on Friday 22nd September so you can come and join in with lots of other first-timers.

As always, the band's website (www.wccb.org) contains everything there is to know about the band, including full details of the band's concerts and how to reserve tickets. Feel free to have a browse...and we look forward to seeing you at one of our concerts soon!

Library Times

The Mobile Library visits the village every Tuesday.
The stops and times for West Bergholt are:

Orpen Hall	14.00 – 14.20
Erle Havard Road	14.30 – 15.10
Queens Road	15.30 – 16.00
Corner of Spring Lane and Chapel Lane	16.05 – 17.30



From strength to strength

The Royal British Legion

After the 2005 celebrations to mark the end of World War II, in which the Branch played a full role, 2006 has been somewhat quieter.

The "hidden" work of the Legion in supporting the ex-service population, both in our community and throughout the country, has continued. This support covers a wide range of activities from those who live permanently in the nine Royal British Legion Homes across the country to those who need immediate help having fallen on hard times.

The income from our annual Poppy Appeal is some £24 million but income from other sources gives the Legion a total income of over £70 million. Not all this money is devoted to the aged ex-service population; many of those currently serving or their spouses need help to overcome the trials and tribulations of daily life.

Many of those who have served in more recent hostilities suffer from mental problems and amongst the homeless there are a disproportionate number of ex-service men who cannot adjust to civilian life after the disciplined framework of the Armed Forces.

The needs are real and affect those of all ages and without your support throughout the Poppy Appeal "season" they cannot be met.

To those of you who have served, be it National Service in the 40s or 50s or as a regular, joining the Royal British Legion gives you the opportunity to share in this work in the community. However, an increasingly important group in our membership are members of the general public, who have not served, but wish to support the aims and objectives of the Legion as one of the largest caring charities in the UK.

Your branch meets every second Thursday of the month at 'The Beehive', Little Horkesley 8pm. Please contact our Secretary, Roger Drury (ex RN) on 271454 or Hugh Brivert-Barnes 243717 (ex RAF & Army) who lives in the village.



Heathlands Primary School

Tuesday 10th October, 6 to 9.30pm

Come along to our girls' night out for a shopping, pampering evening you will really enjoy!!

Stalls will include cards, gifts, make-up, massage, manicure, alternative therapies and much more!

Details from Rachael 07931743861

Workers Educational Association

For our next course starting 26 September 2006 members have chosen "Back to Your Roots".

The course examines the survival and revival of traditional song and dance in the culture of the working and middle class in the UK and in particular East Anglia. Many of today's folk songs have roots in the distant past and some have travelled overseas and back again. Audio illustrations are featured and there will be weekly handouts. The tutor is Professor Bill Tamblyn, an acknowledged expert on the subject.

As usual the course runs for ten Tuesday evenings 8.00pm to 9.40pm at the Methodist Church Hall with its wheelchair access; loop system available.

Course fees are Standard £40; Concessions £30 (for over 60s or income under £15,050). Those on income related benefits or JSA can enrol free. The higher level of fees is necessitated to make up for loss of income caused by grant reductions. However, they are still quite competitive.

If you are unsure whether this is really for you, then sample the first for £1. Further information available from the Secretary on 240791.

In early July the Colchester Branch published their programme for the next academic year. There are morning or afternoon courses. The booklet is available at libraries or the Learning Shop.

West Bergholt course starting next January is "UK Agriculture Since the 1750s"

NSPCC

Registered Charity No. 216401

Urgently need

**Books, Board Games, Jigsaws,
CDs and DVDs in good condition**

Collection Points:

- MALDON: BP Tavern Garage, The Causeway,
- COLCHESTER: Co-op Store at Abbots Rd,
- CLACTON: Co-op Store at Bull Hill Rd
- COPFORD Barnplants Garden Centre,
Turkey Lane, Copford

Or phone 01206 271616 for collection of large amounts within 10 mile radius of Colchester

**Our next Annual Book Fair will be on
28-29 October 2006**

At Holmwood House School, Lexden, Colchester

Methodist Church News

At a special service in July a presentation was made to our Minister Trevor Sands and his wife Judith from our members and friends in West Bergholt in appreciation for the untiring work they have put in over the past two years. As a memento of the area part of the gift included "The Colchester Beauty" rose in a ceramic pot to take with them as they move to Bishops Stortford.

We are sorry to see them go but the new Methodist Church year begins in September and we are looking forward to the support of Mrs Ros Hollingsworth and her family as she begins her work amongst us as a lay worker.

The 17th September will be our Harvest Weekend when the church will be decorated on Saturday morning 16th and any donations of fruit, flowers and food will be most welcome. We look forward to Rev. David Dickens taking our morning service followed by our Harvest Lunch. All gifts donated are distributed to village elderly and housebound, the Night Shelter and Women's and Children's Refuge.

The Remembrance Day Service on 12th November will take place again at the Orpen Hall.

It seems months away to Christmas but how quickly it creeps up on us. Our special Christmas Coffee Morning takes place on Saturday 25th November at 10.00am – 12 noon in the Methodist Hall. Book this date in your diary and come along for those much-needed small gifts, cards, wrapping paper and enjoy the coffee and mince pies.

THE BULLETIN QUIZ

The Bulletin Quiz was held on Saturday June 3rd. There were 16 teams of four taking part. I am sure that everyone had a good time going by the comments after the event. The first half of the evening it seemed that a team was leading the field by a large margin. But due to the system of gained and lost points the results at the end were very close.

The final results were:

Third - Badminton Club	Scored 96
Second - The Gardeners	Scored 98
Winners - Methodist Church	Scored 109
Interval Quiz - Ruby Blackwell	

The evening raised £247 which has been donated to the East Anglia's Children's Hospices.

Well done everyone for entering a team and taking part.

Our thanks must go to the Quiz Master Mike Poole; the two scorers Susan Swan and Gill Poole; answer collectors Fred Lucking and Helen Lander. Also thanks to everyone on the Bulletin team who put in a lot of work to make the evening very enjoyable.

I hope you are all looking forward to the Quiz in 2007!

Thanks also to Ash's Convenience Express and Scissorhands for the donation of raffle prizes.

West Bergholt Gardeners' Association



Since the last Village Bulletin was published in June, we ended the 2005/6 season with a memorable visit to Hatfield House for their Flower Festival. Once again we were blessed with hot sunny weather and our full coach party of members and friends were delighted by the glorious floral decorations in the historic house, in the adjoining church, and the extensive gardens.

True to tradition the Association comes back indoors to the Orpen Hall on the third Monday in September, the 18th of the month, for the first meeting of the new season. The Annual General Meeting must be held on this occasion. There will be some important matters to discuss, and the Committee would like to get members' views. We hope you will all attend if you can.

Prior to that, we will hear from Andrew Tokeley, the Horticultural Manager of Thompson and Morgan, about New Flowers and Vegetables for your Garden. Where will they come from? How do they find them? Perhaps Andy will tell us.

This theme will be repeated at our 16th October meeting, which we have been invited to hold at E.W.King and Co's premises at Kelvedon, so that this renowned firm of seed producers can demonstrate the whole process leading up to getting the right seeds into those little packets. We will let you have full details of this trip and how we will all get there well in advance.

In November our speaker will be Margaret Willis, who entertained us so much last time she came to talk to us a few years ago. Her subject is Plant Association, and she tells us it will be a Workshop type of presentation, so come prepared for some practical activity. As usual, refreshments will be available at the break in proceedings, and there will be the customary raffle each month.

There's a good and varied programme of topics for our meetings later in the season. You'll see it all in your annual membership cards which Pat, our Treasurer, will present you with in exchange for you know what. I wonder how much she will want this year? Let's find out at the AGM.

Of course, new members or visitors will be made welcome at our meetings.



HORSE MANURE FOR SALE

(as recommended by Alan Titchmarsh)

Available on order at 25p per bag collected,
can also be delivered.

Collect from 53 Albany Road, West Bergholt.
Order by ringing 01206 241716 (+answerphone)

All proceeds go to Colchester Sea Cadets Charity

Village People I

It's been a wonderful life

Betty Heard came to the village 59 years ago as a young bride when her husband, Frank, got a job at the brewery. All her family and friends were in Wednesbury in the Midlands where she was born and grew up, so her first months in West Bergholt were lonely. Then someone suggested she should join the Women's Institute - and Betty was never lonely again. Since that day, she has been a member or an officer of almost every village organisation and has made an important contribution to village life.

Within months of joining the WI, Betty was on the committee and had been elected treasurer. More than 50 years later, she is still an active member. It had been noticed by various village elders that Betty was the sort of person "who got things done." First she was asked to form a women's section of the British Legion, which she did. She was elected Standard Bearer and her most memorable moment in the Legion was when she represented the village branch at the annual conference in Bangor, Northern Ireland, and met the Queen Mother. She also won awards for her Poppy Day collections.

Then she was invited to stand for the Parish Council and she served on it for nearly 25 years. As chairwoman of the Hall Committee she was responsible for the first extension to the Orpen Hall, which added extra width to it. She was also in the chair when the proscenium arch was built, creating a proper stage in the hall for the first time.

As a regular worshipper at the Parish Church, it was inevitable that she would end up on the Parochial Church Council with special responsibility for keeping in touch with children who were baptised in the Church. She is also local secretary for the Children's Society with which she has been associated for some 24 years.

All this time, of course, she was working for the National Health Service in the accounts department of local hospitals. Three days after she retired, a friend suggested that, now she had time on her hands, she should set up a Care Network in the village. No sooner said than done and the Network celebrates its 20th birthday this year with Betty still in the chair.

To begin with, the Network was prepared to take on all sorts of jobs - baby and dog sitting, light housework and even taking over from carers to give them a break. Today, the 24 volunteers mainly provide transport for people who have difficulty getting to hospital or dental appointments or for other essential journeys. (Details of their telephone numbers and the service they provide appear on the back cover of the Bulletin).

Betty has been and still is involved at every level of village life. She is a member of the Local History Group and the Flower Club. And when she can find the time, she leaves the village to play croquet on the immaculate greens of the All England Croquet Club at Lexden.

In December, Betty and Frank, who was assistant-manager at the Brewery when he retired, celebrate 60 years of marriage. The Bulletin wishes them many more years together.

Looking back on her busy life in the village, Betty said simply: "It's been wonderful".



West Bergholt Friendship Club



A highlight of our summer programme was an outing to Clacton, with a visit to the Flamingo Restaurant at Holland-on-Sea for lunch, and a stop at Mistley for tea on the return journey. A pleasant sunny day before the heatwave was enjoyed by all — except the Chairman who spent the day in a hospital bed!

Back in the Orpen Hall we welcomed Alan Chilvers once again. This time he talked to us about the long-demolished Berechurch Hall in the 1930s, where he lived at the time with his parents who were employed there.

In June the Club ran another successful tombola stall at the Heathlands School Fete.

The summer programme ended with a visit to The White Hart for lunch, which brought out an almost full turnout of members. Our normal last summer function — the garden party at Alcrofts Farm — had to be postponed until September because of some building work on that scheduled date.

Before these notes appear we shall have made our annual market day pilgrimage to Bury-St-Edmunds.

New members are always welcome. Club meetings take place at the Orpen Hall at 2 pm. on the second and fourth Thursdays in each month.

Gerda Rumsey, Chairman



Village People II

Royal Academy of Arts Summer Exhibition

Readers of the Village Bulletin might be interested to know that the artist, Robert Warner, who lives in Queens Road has a painting hanging in the Summer Exhibition 2006 of The Royal Academy of Arts in London. It is called 'Yearly Excitement' and shows people at the 'private view'. Quite an achievement, particularly as no other names from this area at all are listed in the official R.A. list of exhibitors.

Neighbourhood Watch Scheme



YOUR FIRST RESPONSE -
A LIFELINE FOR

FIRST RESPONDERS are volunteers who make themselves available to attend emergency medical situations in order to potentially deliver life-saving treatments, such as defibrillation, basic life support (CPR) and First Aid prior to the arrival of an ambulance. Anyone aged between 18 and 70 is eligible to assist and join the volunteers.

Who may need you?. Any member of your own community suffering from

- | | | |
|-----------------|------------------------|-------------|
| Cardiac Arrest | Chest Pains | Anaphylaxis |
| Unconsciousness | Breathing Difficulties | Fits |
| Diabetes | Falls | |
| Strokes | Choking | |

This service is organised by the Essex Ambulance Service. They are responsible for the selection, training, monitoring and support of all volunteers.

Volunteer Safeguards

Volunteers will only be contacted to attend "safe" incidents. Defibrillators can only be activated when required by the patient. Medical indemnity is covered by the Essex Ambulance Service.

Further Information.

The volunteers will function on a rota system to suit themselves. This rota will be flexible and no one will be obliged to respond to a call if their circumstances have changed. There would be an opportunity to liaise with the rota co-ordinator to ensure cover when away. A MEETING has been arranged for interested parties to hear all the details from John Hopkins, of the Essex Ambulance Service on WEDNESDAY 29th SEPTEMBER 2006 at St Mary the Virgin Church Hall at 8.00pm. The Hall is next to the church in New Church Road. John Hopkins will give a short presentation; demonstrate the defibrillator and answer questions or concerns. (If the meeting is inconvenient for anyone please contact Annie Neish, see below.)

By coming to the meeting you are not committing yourself to anything. Just bear in mind, one day, you or your family may be grateful for this service, which is on your doorstep. You could be the vital link in the chain of survival.

Your Village Co-ordinator is Annie Neish - Tel. No. 01206 240469.

A MESSAGE FROM THE CHIEF CONSTABLE OF ESSEX.

In the last edition of the Bulletin, mention was made of the recently introduced Neighbourhood Policing Teams (NPTs) which have the declared objective of building closer links with local communities. West Bergholt's team is located at London Road, Copford, Phone No. 01206 210441.

Our Chief Constable is saying, "We must get basic policing right, which includes getting the first contact right, people don't call us for a chat, they want action." Hear hear to that. This is where your Neighbourhood Watch Team comes in, the more intelligence and information we can provide for the Police Teams, the more crime, and the fear of it, and anti-social behaviour will come down and detection and arrests will go up. Please keep the Police and Neighbourhood Watch informed if you witness any incidents, as this will greatly help our Chief Constable achieve his basic aim for policing in Essex.

IDENTITY THEFT is on the increase. A leaflet on the subject is available at the Post office.

Contacts

Police Pc Neil Everett (or his deputy) on 07966 197134, or at Copford 01206 210441.

.Neighbourhood Watch Scheme -
Area Co-ordinator John Ford 01206 240995 or 241716

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For contributions contact any member of the editorial team listed on the back page

West Bergholt Parent and Toddler Group



The Autumn term is always busy and there are lots of fun activities planned for the children, including crafts, biscuit decorating, dressing up and play doh.

There are two fundraisers planned: a pyjama party for the CILIC Sargent Yummy Mummy Campaign to help children with cancer and a cake sale to raise funds for the Guide Dogs for the Blind Association. The Children will also have a visit from a real guide dog puppy!

During the second half of the term there will be opportunities to buy Christmas gifts from Usborne Books, Orchard Toys and Phoenix Cards. The term will end with the Christmas party, which promises to be extra fun this year!

The group meets Mondays during term time 9.30-11.30am in the Methodist Hall. New members are always welcome. For more information please call Rachel on 01206 242431 or Steph on 01206 843761.

Everest man home safe and sound

Nic Clarke, the West Bergholt man who took part in the incredible journey from the lowest point on earth (the Dead Sea) to the highest (Everest), is home safe and sound. But, sadly, he did not achieve his dearest wish and make it to the summit.

He said afterwards: "Although feeling great within myself, my legs had nothing in them at all at 7,000 metres and it would have been too much of a risk to myself and others if I had decided to go for the summit."

Nic was taking part in the EverestMax expedition whose members cycled from Israel 5,000 miles through seven countries to the foothills of the Himalayas. Of the five cyclists who set out from the Dead Sea, three reached the summit.

In an e-mail to the Bulletin after he returned to base camp, Nic said that a man the team had made friends with had died on the mountain. "This very much strikes home the dangers of the mountain and it is with great relief that all of our team have successfully returned to advanced base camp safely. The mountain has taken too many lives this year." The news of their friend's death confirms the wisdom of Nic's decision not to try for the summit.

Looking back on his adventure, he said: "The trip has been a wondrous experience and to visit the numerous countries on the cycle ride was excellent. We were met with constant smiles and people going out of their way to help us."

It is interesting that although the team passed through a number of countries that are regarded as unstable, they met with nothing but kindness and never felt threatened.

"To me, Everest has been a dream for many years," said Nic, "and, although I have not summited, I have still climbed on Everest and seen its beauty. I am immensely disappointed not to have summited with the team, but it is an experience I will never forget."

His parents, who live in Newbridge Hill, are just happy to have him home safe and well.

West Bergholt Women's Institute



Our Summer Outing in July took us to Dunwich. Members and friends enjoyed a very pleasant day calling first at a Garden centre near Woodbridge for coffee and then on to Dunwich for our fish and chips lunch by the sea.

A short walk around the village and into the museum before returning via Snape Maltings and home. An extremely pleasant way to spend the day.

We are now looking forward to our Village Photographic Competition and Exhibition on Saturday 30th September when we hope to have many entries for judging. Details were in the June issue of The Bulletin so don't delay in taking your photos and come along to the Orpen Hall for coffee from 10.00am – 12 noon.

1st West Bergholt Guides



The Young Leaders ran a campfire at the beginning of May, which everyone enjoyed.

On the 8th June the Guides were challenged to dress one of their patrol (in newspaper only) to make them look like an American footballer. It was hilarious and lots of fun. Also that evening they were asked to eat as many cream crackers as they could without any water. Some Guides managed more than 8!!!

We held a sponsored silence on 29th June. Everyone had to be completely silent for 26 minutes. We have raised over £130.00 for Children with Leukaemia.

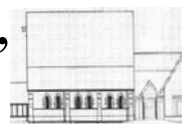
On 6th July Laura ran an Indian evening. The Guides played various Indian games and ate some Indian delights!

On 17th July we joined up with the rest of Braiswick District for our campfire. There were 200 of us there and we all enjoyed singing campfire songs and having hotdogs.

By the time you read this, our Guides will have taken part in NORJAM 2006 an International Jamboree in Norfolk with 5000 other Scouts and Guides from all over the World. Our sub-camp name was Valley of the Kings and we entered a plaque, banner and gateway into a sub-camp competition. I will let you know more in the next bulletin.

Sandra Gates, Guide Guider

St. Mary the Virgin, West Bergholt



Developing St.Mary's for a growing community

UPDATE ON PROGRESS

The 'Steering Group' of St Mary's have had several meetings since the article in the June issue of Village Bulletin. We have now submitted amendments to the Faculty for approval by the DAC. On this being returned a Consultation Period of 28 days can commence in September, by Public Notices being displayed in church, published in the Standard and on our web-site.

If all goes well, work on the re-development will start early October. Services during this six-week period will be held at Heathlands School - normal times. The Church hall will remain open and be available for clubs and functions during the re-development in church.



From a jumble sale notice: "Various baked goods will also be offered for sale".

Has your summer been ruined by Hayfever?

Using homeopathy to treat hayfever is attractive for several reasons:

Homeopathy offers an individual approach to hayfever. Each sufferer experiences their allergy in a different way; one person may have a streaming nose with acrid tears from the eyes, another may have tightness of the chest with a wheezing cough and blocked nose. Conventional medicine treats these the same with a blanket suppression of symptoms whereas a homeopath will match the remedy to the individual's symptoms.

Unlike conventional treatment, which needs to be taken daily, a homeopath will give a remedy to be taken for just a few days or a week before the hayfever season starts. It is preferable to commence a course of treatment in the autumn before the hayfever season starts in order to strengthen the constitution and reduce sensitivity to pollens. Homeopathy helps by not only controlling the symptoms of hayfever, it can also lessen an individual's susceptibility to it. Homeopathy can also offer remedies for short-term relief of symptoms, which do not have the sedative side effects of conventional drugs.

The Glasgow Homeopathic Hospital, run and funded by the NHS has subjected the homeopathic treatment of hayfever to scientific investigation. Results published in The Lancet show favourable results.

Homeopathic hayfever remedies can be taken alongside or instead of conventional medicines. Homeopathy can be complementary to conventional medicine as well as an alternative to it.

Homeopathic treatment can be relatively inexpensive, when compared to the cost of frequent, repeated use of over the counter anti-histamines.

There are several therapeutic remedies that can be purchased from homeopathic pharmacies such as Helios (www.Helios.co.uk) which may help with short-term relief of the symptoms:

Allium Cepa.

- Bouts of sneezing
- Streaming eyes and nose, nasal discharge burns top lip, eyes water profusely but do not burn.
- Worse in the morning and indoors.

Aralia Racemosa

- Frequent sneezing
- Marked wheezing, especially when lying down
- Worse for least draft of air

Euphrasia

- Eyes severely affected, with profuse burning, itch constantly
- Burning and swelling of eyelids
- Nasal discharge, sneezing, but not burning
- Headache, aversion to bright light.

Sanguinaria

- Chronic Rhinitis, hayfever complicated by nasal polyps
- Dry, burning in ears, throat, and nasal passages

It is possible to self medicate with any of the above at 6c potency, but do remember that unlike conventional medicines, you must stop taking the remedy as soon as the symptoms start to ease.

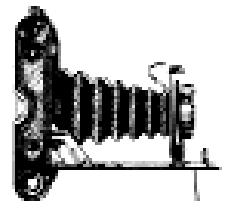
For an informal chat about how homeopathy can help you deal with hayfever, or any other health problems, visit my web-site

www.homeopathyessex.org.uk
or telephone 01206 241998

Gillian Tyrrell DipHomACH, RSHom



West Bergholt Local History Group



MAY - We went to the seaside, which happens to be near Brightlingsea Museum. It is a compact local museum which explores the area from the past and shows how boat building had an influence on the town.

JUNE - We met David Cawdell at the 100 year old bridge near his home in Spring Lane, Lexden. We were joined by some members of Lexden History Group. Using his local knowledge, David had organised an excellent evening for us all. He pointed out the hidden remaining stonework of the mill and guided us on a walk as far as a site that has Anglo Saxon and Roman connections. He had also arranged for his neighbours to allow us all to troop through their private garden to see the mill pond, which is fed by springs from Lexden. We were amazed that there is still such a large expanse of water in the area. Being on private land it is one of Colchester's secrets and we were privileged to see it in its lovely setting.

After the walk we were invited to join David and his wife for refreshments in their garden where we all talked about the history of the area - nobody fell into the river Colne that runs beside the cottage!

Our thanks go to David and Elaine Cawdell for an excellent evening which everyone enjoyed.

JULY - We visited another museum at a seaside location. This time it was West Mersea which includes an excellent children's area.

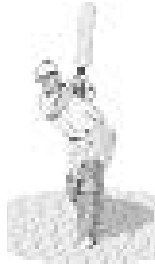
AUGUST - We are due to visit Halstead Post Box Museum

On September 23rd the History Group will be exhibiting at the Lexden History Day. It will be held in Lexden (known as St. Leonard's) Church Hall, between 10.30am and 4pm.

History Group details from Bernard Colbron on 240297.

West Bergholt Cricket Club

The season started with the opening of the club's new bowling machine, acquired with grant aid from Essex CCC Youth Trust, Sport Colchester and club fundraising efforts. The occasion coincided with the start of regular Wednesday Colt training sessions. These have been a great success with local youngsters enjoying cricket coaching from a very young age, thanks to the hard work of our dedicated Coaches and volunteers. In fact the club boasts the most rapid year-on-year growth in Colt numbers in North Essex, with over 100 registered!



After a delayed start to the season resulting from the constant rain, our two senior teams have enjoyed mixed success on the field. Currently the 1st XI are in mid-table in Division 1 but the 2nd XI are near the foot of Division 4; two or three wins will surely guarantee survival.

Returning to the juniors, the Under 14s are currently top of their league and the Under 13s and Under 15s are enjoying mid-table respectability. The youngsters have frequently put together two teams to compete strongly at weekly Kwik Cricket tournaments.

Our annual Cricket Festival at the end of June broke records again for attendances and vital fundraising. Cricket was played on four consecutive days against various visiting teams. Highlights of the weekend included the hugely popular Race Night on the Saturday evening and the annual Charity match, this year between a West Bergholt Church XI and Birkett Long. Over £100 was raised for the Church fund and a corresponding amount for BL's annual charity, Breakthrough.

West Bergholt Football Club

The 2006/7 season is almost upon us, training has started with good turnouts, which bodes well for the season.



Last season finished well with the first team taking second place in the Premier League and the reserves mid-table in Division Two.

We continue with our efforts to build a new clubhouse and seem to have come to an agreement with the Parish Council on a suitable design. It is now a case of completing acceptable plans, and the all-important matter of raising the funds to pay for the project.

On that front, I have just heard that our party of players and committee members have completed the Three Peaks Challenge in less than 24 hours (Ben Nevis, Snowdon and

Scafell Pyke) a great achievement and a much-needed boost to the funds.

We look forward to welcoming supporters, old and new, to our games and welcome any potential players to our Wednesday evening training sessions.

We hope to continue Saturday morning coaching for juniors, which proved very popular last season. The coaches are qualified and the event is well supervised. Parents are welcome to stay with their children if they wish, or leave them there. They will be well looked after and, judging by last year, seem to really enjoy it.

As always you can get any information from our web-site www.westbergholtfc.co.uk plus a few laughs at the look-alike section.

M.R.Bell, Chairman

DON'T FORGET
fill in The Parish Plan Questionnaire
and return it by 30th September 2006.

West Bergholt Indoor Bowls Club



We recently held the Annual Charity Match at the Orpen Hall. This year eight random pairs very keenly contested the competition in a round robin format. A raffle was donated by members. Refreshments, were organised by Nora Bates, these were donated by Nora and other members. George Coppin organised the games and the Trophy Vase of Caithness Crystal was donated by Eileen and Fred Brown. A sum of £150 was raised, this included birthday and other donations. The charity chosen was Diabetes UK as during the year several members were confirmed with the complaint. The result of the event was

Third	Nora Bates and Bet McArthey;
Second	George Coppin and Pat McArthey
Winners	Eddie Taylor and Eileen Brown.

Heathlands School Fete was held in the early summer. The tombola, organised by Jan Lumb and Marie Fitzjohn, was donated by members and raised over £100; the bowls competition, organised by Paul Leach, raised over £40. From the total raised a donation of £50 was given to the school.

A new season of bowling starts in early September and we welcome both old and new members to join us at the Orpen Hall at 7.15pm on Thursday and Sunday evenings, or call 240379 for further information.



village bulletin *what's on guide*

Regular Village Events

Sundays:

Prayer Meeting, 10.15am 1st Sunday every month - Methodist Church

Service of Worship, 11.00am 1st,2nd,3rd & 5th Sundays and

3pm 4th Sunday- Methodist Church

Bowls Club, 7.30pm - Orpen Hall

Mondays:

Bluebell Preschool, Monday to Friday - Orpen Hall

Parent and Toddler Group, 9.30-11.30am - Methodist Hall

Village Art Group, 2.00pm - Methodist Church Hall

Gardeners' Association, 7.30pm 3rd Monday - Orpen Hall

(Sept-Dec, Feb-May)

Tuesdays:

NHS Primary Care Trust Baby Clinic, 10am to 11am - Methodist Hall

Miss Jackson's Dancing Class, 5.30-7.30pm - Orpen Hall

Tai Chi, Beginners and Regular, 7.30-9.30pm - Scout Hut

Methodist Church, 11am 2nd Tuesday Communion Service

Badminton Club, 8.15pm - Orpen Hall

Wednesdays:

Coffee Morning, 10.00am 2nd Wednesday - Methodist Hall

Women's Fellowship, 3:00pm 1st and 3rd Wednesday - Methodist Hall

Women's Institute, 7.15pm 1st Wednesday - Orpen Hall

Colne Valley Flower Club, 7.30pm 3rd Wednesday - Orpen Hall

(not August or December)

History Group, 2nd Wednesday (not December),

telephone (01206) 240297 for further details

Parish Council Meeting, 7.30pm 4th Wednesday - Orpen Hall

Tai Chi, Beginners and Regular, Wednesdays in the John Lampon Hall

telephone Roberta Sheps 762213

West Bergholt Craft and Quilters Group, 4th Wednesday

(except Christmas) - Methodist Church Hall

Ladies Afternoon Badminton, Orpen Hall, 3.00pm to 4.30pm.

New members welcome - contact Pat Butcher for details 242075

Thursdays:

Friendship Club, 2.00pm 2nd and 4th Thursday - Orpen Hall

Squeels on Wheels, Service for pre-school toddlers, 2nd Wednesday

of the month, from 1.45pm-2.45pm - St Mary's Church

Colchester and District Model Railway Club, 8pm - Armoury Farm

National Women's Register, 8.00pm fortnightly,

telephone (01206) 240512 for details

British Legion, Gt & Lt Horkesley branch which includes West Bergholt

- meet Beehive Pub, Lt Horkesley 2nd Thursday at 8pm

Bowls Club, 7.30pm Orpen Hall

Fridays:

West Bergholt Concert Band,

6.00-7.00pm (Juniors), 7.00-9.00pm (seniors) - Heathlands school

Wesley Guild, 7.30pm, fortnightly - Methodist Hall (March to September)

Orpen Players, 8.00pm - Orpen Hall

Saturdays:

The Performing Arts Centre,

10.30am-12.30pm for pupils aged 6 to 11 years old - Orpen Hall

West Bergholt Care Network

If you live in West Bergholt and need help getting to an appointment the Care Network may be able to help. Telephone the number below for the day on which you make your call. If there is no response, please don't leave a message on an answering service, try any other number.

Monday	242 319	Tuesday	242 185
Wednesday - Try any Number		Thursday	241 672
Friday	240 291	Sat / Sun	242 075

St. Mary's Church Dates

Please note; when the re-development of St Mary's is taking place, services will be held at Heathlands School.

September

Sunday 3rd Holy Communion 9.30am

Thursday 7th PCC Meeting 7.30pm

Sunday 10th Holy Communion 9.30am

Sunday 17th Family Service 9.30am

Sunday 24th Holy Communion 9.30am

October

Sunday 1st Holy Communion 9.30am

Thursday 5th PCC Meeting 7.30pm

Sunday 8th Holy Communion 9.30am

Sunday 15th Family Service 9.30am

Sunday 22nd Holy Communion 9.30am

Sunday 29th Praise Service 9.30am

November

Thursday 2nd PCC Meeting 7.30pm

Sunday 5th Holy Communion 9.30am

Sunday 12th Remembrance Service at 'Orpen Hall'

Sunday 19th Family Service 9.30am

Sunday 26th Holy Communion 9.30am

St Mary's Church Creche

A Creche is available, as required for children under 5 years old.

Bluebell Pre-School - Learning Through Play

Bluebell Pre-School employs Staff who are qualified to encourage the development of your child in all areas of the Pre-School curriculum, as defined by the Education Authority.

We are open from 9.15am to 3.15pm. Full day care and sessions available for 2 - 5 year olds. Sessions are held in two large halls daily.

If you would like to know more or put your child's name on our waiting list, please contact Jackie Leach on 241677.

FREIGHTER SERVICE

Colchester Borough Council will be providing a freighter service for the disposal of household rubbish at the Orpen Hall car park on

30th September 2006 between 10.45am and 12 noon

Editorial Team:

John Bates 240741, Bernard Colbron 240297, Jon Lander 241288, Susan Leng 241748, Joyce Lucking 241743 and Susan Swan (advertising) 242319.
Copy for December issue should be with the Editors before 1st November 2006 - Regrettably late submissions cannot be guaranteed entry into the Bulletin